

# PROFESSIONAL COOK 3 OCCUPATIONAL ANALYSIS CHART

BLOCK	SUBJECT	KEY COMPETENCIES				
<b>OCCUPATIONAL SKILLS</b> A.	<b>Sanitary Standards</b>	Describe the principles of a food safety plan	Prepare a food safety plan			
	<b>Production Procedures</b>	Describe cook-chill and cook-freeze systems	Describe the principles of low temperature and sous vide cooking	Describe the principles of marinating and brining	Describe the principles of plate composition	Describe modern preparation procedures and trends
	<b>Menu Planning</b>	Describe menus for a variety of different diets	Describe the planning of an "a la carte" menu	Plan an "a la carte" menu	Identify and describe regional foods	Describe the principles of the sustainability of our food supply
	<b>Human Resource and Leadership Skills</b>	Set personal goals	Describe stress management techniques	Describe team building and leadership skills	Describe conflict resolution techniques	Describe effective problem solving and decision making
	<b>Cost Management</b>	Describe food cost controls	Describe the principles of menu engineering	Interpret point of sale information	Interpret budgets and profit/loss statements	Apply cost control procedures
		Describe labour cost controls	Describe the principles of planning personnel requirements			
<b>STOCKS, SOUPS AND SAUCES</b> B.	<b>Sauces</b>	Describe types of specialty sauces	Apply principles of sauce selection	Prepare savory fruit sauces and gastrique	Prepare salsas, relishes, and chutneys	Prepare international sauces
<b>MEATS</b> E.	<b>Cut and Process Meats</b>	Describe the grading, inspection, and storage of game and variety meat	Describe types of game meats	Describe variety meats and offal	Cut and process game	Cut and process variety meats and offal
	<b>Cook Meats</b>	Describe suitable cooking methods for game	Describe suitable cooking methods for variety meats and offal	Prepare game for cooking	Cook game	Cook variety meats and offal
		Describe specialty meat dishes	Prepare specialty meat dishes			
<b>POULTRY</b> F.	<b>Cut and Process Poultry</b>	Identify and describe types of game birds	Describe the grading, inspection, and storage of game birds	Cut and process game birds		

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	<b>Cook Poultry</b>	Describe suitable cooking methods for game birds	Prepare game birds for cooking	Cook game birds	Describe specialty poultry dishes	Prepare specialty poultry dishes
<b>SEAFOOD</b> G.	<b>Cut and Process Seafood</b>	Identify and describe specialty shellfish	Clean and process specialty shellfish			
	<b>Cook Fish</b>	Describe specialty fish dishes	Prepare specialty fish dishes			
	<b>Cook Shellfish</b>	Describe specialty shellfish dishes	Prepare specialty shellfish dishes			
<b>GARDE-MANGER</b> H.	<b>Dressings, Condiments and Accompaniments</b>	Describe the principles of pickling	Prepare pickles	Describe the principles of infused oil and vinegar production	Prepare infused oils and vinegars	
	<b>Presentation Platters</b>	Describe the principles of buffet presentation	Describe the principles of buffet design	Prepare and present buffet and charcuterie platters		
	<b>Patés, Terrines, and Charcuterie</b>	Describe salt curing, drying, and smoking	Describe the principles of forcemeat production	Prepare pâtés and terrines	Prepare fresh sausages	Perform salt curing, drying and smoking
<b>BAKED GOODS AND DESSERTS</b> J.	<b>Desserts</b>	Identify and describe hot desserts	Prepare hot desserts	Identify and describe specialty desserts	Prepare specialty desserts	Prepare dessert sauces
	<b>Cakes and Tortes</b>	Identify and describe specialty cakes	Prepare specialty cakes and tortes			
	<b>Frozen Desserts</b>	Identify and describe frozen desserts	Prepare ice creams and sorbets	Prepare specialty frozen desserts		
<b>BAKED GOODS AND DESSERTS</b>	<b>Chocolate, Sugar, and Garnishes</b>	Describe types and properties of chocolate	Describe the principles of sugar work	Prepare and temper chocolate	Prepare sugar garnishes	Plate desserts
<b>BEVERAGES</b> K.	<b>Beverages</b>	Identify major types and styles of wine	Describe the principles of wine selection			

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